

Highlights from our new Showcasing Group

In April, we launched an exciting new initiative: a showcasing group for neurodivergent individuals in North-West London. After collaborating closely with our members through a co-design process, we gained valuable insights into their needs and hopes for the group, which shaped the formation of this service.

Our showcasing group is a welcoming space where neurodivergent individuals can share their talents and passions in a supportive environment. Whether you want to perform, or simply enjoy the diverse array of performances as an audience member, there's something for everyone. So far, we've been delighted by a wide variety of acts, ranging from poetry to unique demonstrations like naming the capital cities of every country.

Our Showcasing Group meets once a month on a Thursday. If you're an autistic or ADHD individual living in North-West London, or a professional interested in watching the group, we'd love to hear from you.

Please email adults@adhdandautism.org if you're interested in joining.

Musical interpretation of neurodiversity

One member performed a powerful musical interpretation of their neurodiversity journey, using guitar and background music to tell their story.



Handcrafted figure creation

We also saw a fascinating showcase of handcrafted war figures, with the artist detailing the intricate work and time involved in creating each piece.



Diagnosis journey through poetry

Another member shared a deeply personal poem that explored their experience of being diagnosed as autistic, accompanied by a visual piece that captured the emotional stages they went through.

Finding Autism

1. My life was a prison and felt like this
A stone in the middle, light and round
Untouched by people, sight and sound
Then struggled to fit the world around

2. As I grew, I learnt to watch
How people worked what I could not
My mask began to fit
That which I was unfit

3. The shards of light became a split
Not knowing who or what I did
Then come beams of light
Unlike those that blinded my fight

4. To be the one and only me
The one that I was meant to be
With diagnosis comes my flight
With angel wings the string untied

I'm finding my place within the world
The one in which I truly can be heard

- Angela Dodwell, July 2024





Creative journey through art

In a recent performance, a member exhibited their artwork, explaining the different mediums they used and the deeper meanings behind each piece.

Even our staff members have joined in the fun...

Suhur, one of our Autism Advisors, presented her passion for the NBA (National Basketball Association), walking us through the sport's rules and highlighting some of its most famous figures.

Emma, our Specialist Autism Training and Content Officer, shared her journey in Muy Thai boxing, discussing the different strikes, rules, and what martial arts mean to her.

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